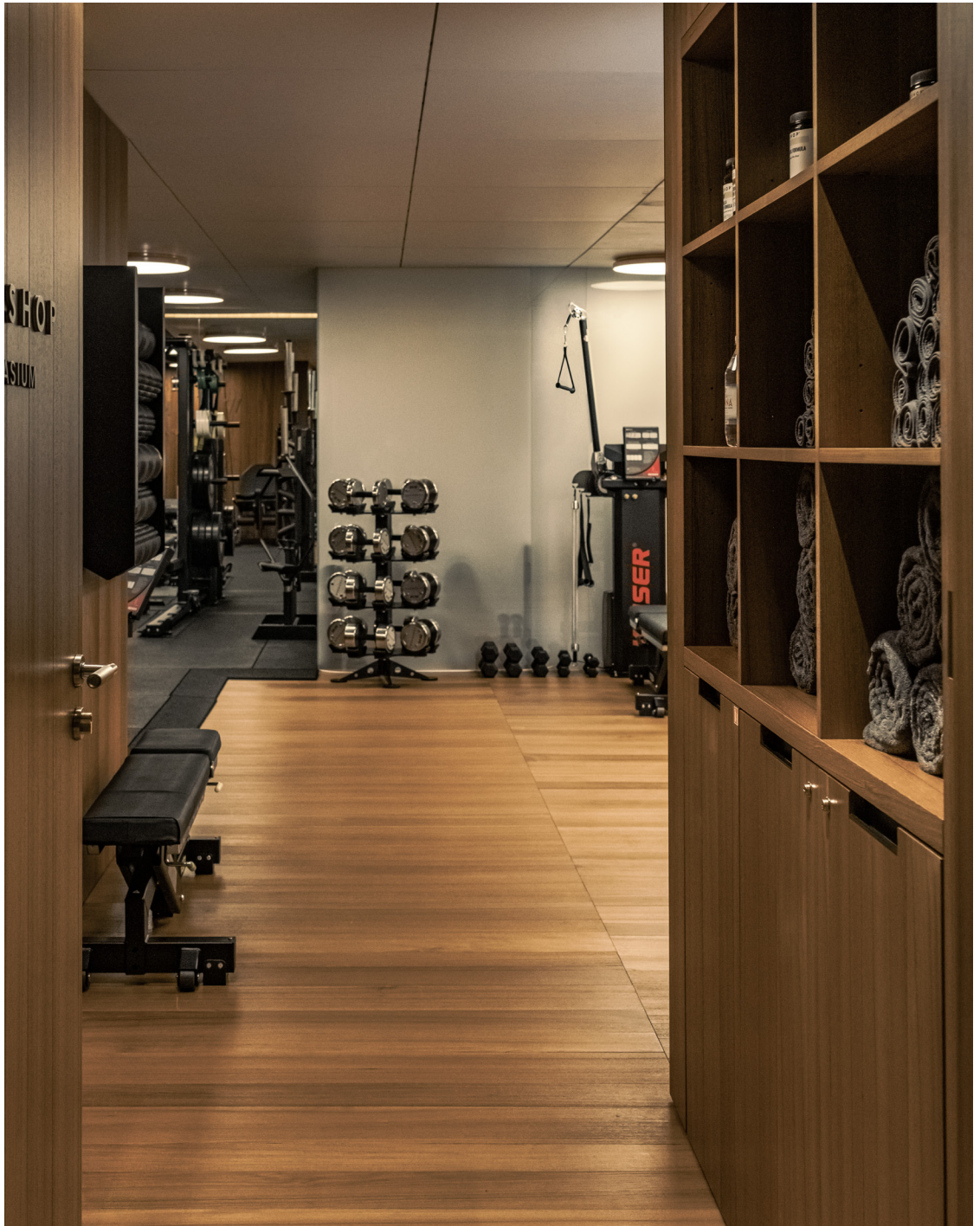


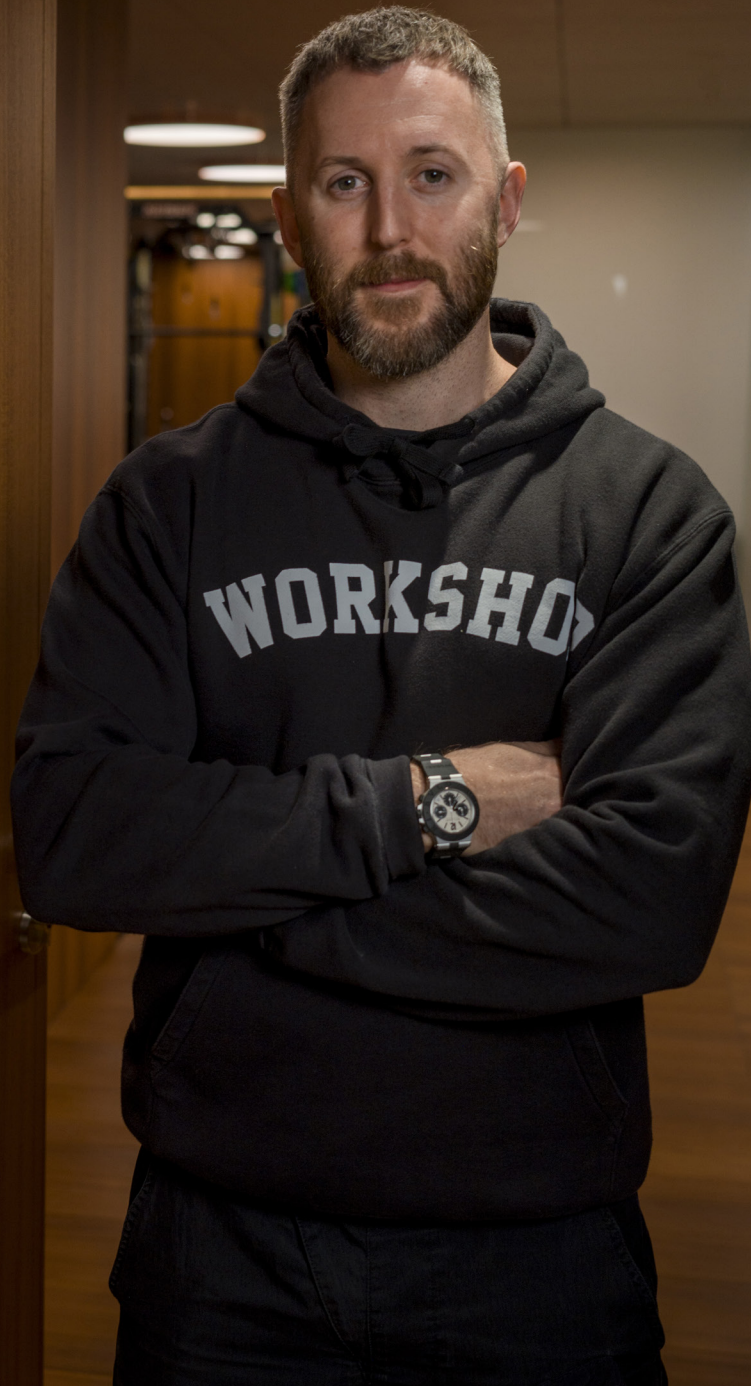
BVLGARI
HOTEL PARIS

WORKSHOP GYMNASIUM

Founded in 2014 in London by world renowned health coach Lee Mullins, Workshop Gymnasium proposes personalized fitness programs.



WORKSHOP
GYMNASIUM



Open 24/7, Workshop Gymnasium Paris will unlock your highest performance through our innovative workouts and science-fuelled Framework Assessment.

The fitness space features strength-building and cardio training machines from leading fitness tech companies, such as Technogym, Keiser & Forme Mirror.









Based on an innovative mind-body assessment that includes a metabolic examination, the study of functional body movements and body mass analysis, each Workshop Gymnasium session is tailored to address specific fitness needs and desires.

Bespoke training methods.





FITNESS

Body analysis

FRAMEWORK ASSEMENT
BODY COMPOSITION ANALYSIS
FUNCTIONAL MOVEMENT SCREEN

Personal training

60 OR 90 MIN ONE TO ONE
60 MIN TWO TO ONE

Mat Pilates

60 OR 90 MIN ONE TO ONE
60 MIN TWO TO ONE

Yoga

60 MIN ONE TO ONE
60 MIN TWO TO ONE

Swimming

60 MIN ONE TO ONE

Boxing

60 OR 90 MIN ONE TO ONE
60 MIN TWO TO ONE

Packages

10 PERSONAL TRAINING
20 PERSONAL TRAINING
50 PERSONAL TRAINING

BVLGARI
HOTEL PARIS



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9.00 am – 9.00 pm